I CLAIM:

1. A video monitoring method comprising:

a) providing a video camera that generates a series of frame outputs, each of the frame outputs being defined with a number of image regions, each of the image regions containing a predetermined segment of a predetermined set of horizontal scan lines of the corresponding frame output;

b) obtaining a reference brightness value for each of the image regions of a reference one of the frame outputs;

c) obtaining a current brightness value for each of the image regions of a current one of the frame outputs; and

d) comparing each of the current brightness values with a respective one of the reference brightness values to detect movement of an object into one of the image regions of the current one of the frame outputs.

2. The video monitoring method as claimed in Claim 1, wherein in step d), movement of the object into one of the image regions of the current one of the frame outputs is confirmed when the difference between the current brightness value of said one of the image regions of the current one of the frame outputs and the respective reference brightness value exceeds a predetermined threshold.

3. The video monitoring method as claimed in Claim 1, further comprising the step of:

e) activating an alarm unit upon detection that an object has moved into one of the image regions of the current one of the frame outputs.

4. The video monitoring method as claimed in Claim 1, further comprising the step of:

f) moving the video camera such that a succeeding one of the frame outputs is centered at one of the image regions of the current one of the frame outputs, the current brightness value of said one of the image regions having a largest difference with the respective reference brightness value.

5. The video monitoring method as claimed in Claim 4, wherein the image regions of each of the frame outputs are arranged in an array.

6. The video monitoring method as claimed in Claim 5, wherein the array has an odd number of rows and an odd number of columns.

7. The video monitoring method as claimed in Claim 6, wherein the rows and the columns of the array are equal in number.

8. The video monitoring method as claimed in Claim 6, wherein the image regions of each of the frame outputs do not overlap.